

Tator Tot CasseroleCO15

Number of Servings: 15 (206.86 g per serving)

Amount	Measure	Ingredient
2 1/8	lb	Beef, ground, hamburger, pan browned, 1
19 1/2	oz	Vegetables, classic, fzn
15.00	oz	Soup, cream of mushroom, low sodium, rt
2 1/4	oz	Onion, white, fresh, chpd
1 3/4	cup	Water, tap, municipal
6.00	oz	Cheese, cheddar, fancy, shredded
28 1/2	oz	Tater Tots, fzn
2 1/4	tsp	Sauce, worcestershire

Nutrients per serving

Nutrition Facts

Serving Size (207g)
Servings Per Container

Amount Per Serving

Calories 270 **Calories from Fat 110**

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 40mg **13%**

Sodium 420mg **18%**

Total Carbohydrate 20g **7%**

Dietary Fiber 3g **12%**

Sugars 1g

Protein 18g

Vitamin A 10% • **Vitamin C 4%**

Calcium 6% • **Iron 10%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Instructions

Brown lean ground beef with onions. Add frozen mixed vegetables, low sodium ready to serve canned soup, Worcestershire sauce and water. Bring to a boil.

Pour into appropriate sized pan(s), cover with cheese and tater tots,

Bake covered with foil at 325 degrees F for approximately 20 minutes. Uncover and bake 10-20 minutes longer or until browned and vegetables are tender.

Serving size #6 scoop or 2/3 cup

1 serving = 2/3 c = 1 CS

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

Cooking :

- Cook to an internal temperature of 155 F for 15 seconds.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher. Will need to be 175 degrees or higher for home delivery.